

THE MAGAZINE DEDICATED TO ALL MARTIAL ARTS

FIGHTING

December 2021

Vol. 01 No. 15 £3.95

ALEXANDRE BRECK

Interview with a specialist in rules,
techniques and history of Muay Thai.

MMA CIRCUIT TRAINING



555444332221

Visit the Fighting Magazine website @www.fighting.com

FIGHTING

VOL 01 NO. 15 OCTOBER 2018

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12 issues = UK @ £44.95 EUROPE @ £75 (Airmail)
REST OF WORLD @ £90 (Airmail)

COMMENT

This month, as I am sure you will have gathered by now, sees the return of The Martial Arts Show Live at The National Exhibition Centre (NEC) in Birmingham and following last years event and as it is now the only event of its kind, the show has grown into a monster, it is a great deal BIGGER and promises to raise the bar to a completely new level. Calling on some personal friends of senior status, like Cynthia Rothrock, Joe Lewis, Ernie Taylor, Gok Wan and Bill 'Superfoot' Wallace not to mention the Shaolin Warriors to name but a few, you can be assured that this is one show you will not want to miss!

Talking of Cynthia Rothrock, Joe Lewis and Bill 'Superfoot' Wallace, we caught up with all three to hear their thoughts about the show and what we can expect to see from them over the weekend of May the 7th and 8th. We also talk to Dr. Mak Yuree or 'Thunder shin

Man' as he is also known ahead of his appearance at TMAS Live, about his world record shin bone conditioning system.

There really is far too much for us to detail in this space and the article inside, so make sure you visit the site (www.themartialartsshowlive.com) to see who is involved as well as to check out the full itinerary for all the areas within the two hall show and book your FREE place on any of the TMAS Live seminars or workshops.

We will be at the show on our central stand so be sure to come and say hello, see you there.

Chris Jackson return's with another column that once again offers food for thought, quite literally. He offers some invaluable information and let's us in on a few secrets about how to improve our diet's and aid us to become better martial artists.

Jake Ogden talks us through some of the challenge's that lie ahead of every martial artist and how you can set about meeting and overcoming both the physical and mental obstacles.

Ever wanted to train at the world famous gym, 'Jacksons' MMA? Well Combat columnist Rob Devane was lucky enough to do just that recently. Rob tells you how he got on and shares a few tips he brought back with him.

This month we also welcome a new columnist, Dave Lomas. Over the next 2 months, Dave will be asking be asking several questions of you, such as do you really want to learn martial arts and will be talking you through the many stages of becoming a true martial artist.

Also in this issue we have a story that should be an inspiration to us all from chief master Robert J. Ott. Robert lost his sight in a terrible gun attack many years ago but he did not let the horrific incident hold him back though as he continued to study his beloved martial

arts and rebuilt his body and skills to become a more rounded martial artist than he was before. The motto which Robert exemplifies must surely be - Never give up and having spoken with him at length I can vouch for his very positive outlook on life!

As usual there's a great deal more in this issue for you to get your teeth into, so I will leave you to do just that.

As this is a double month issue (due to the workload of the show) the next issue will go on sale on June the 23rd, so until then,

Oss.

Paul.

cliftoncombat@aol.co.uk

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SOWHAT

That has to be the question people ask me the most when I say that I teach martial arts. Then I spend the next 15-30 minutes telling people what I decided to follow and why. After spending thirteen years in Karate the last seven of them studying Kyokushinkai karate I made the biggest decision of my martial arts career.

It was whilst on my way to Japan in 1991 that I went to visit a friend of mine in Canada His name is Gary Bergeron, who I met in Aberdeen

whilst working in the oil industry Gary was based in Scotland for 6 months and it was whilst he was there in 1989 that he looked for a Martial Arts Club to train with. As there was not any MUAYTHAI clubs he decided to look for a similar style, he had heard about two guys who were training in Knockdown Karate and decided to pay them a visit. Gary himself was a student of the very famous and most respected Martial Artist Mr. Mike Miles and Knew only too well what good martial arts was all about. We all soon come realise that what we were doing in training for competition had very similar methods as what Gary had done in his MUAYTHAI

Very early on in my martial arts career I had heard about MUAYTHAI and how effective this art was unfortunately due to where I was based I

never had the opportunity of training with anyone who had the knowledge to share. Whilst studying my Karate I was very keen for all knowledge on other types of martial arts, so I would buy whatever books and videos were available just in order to expand my own understanding as to the benefits and beliefs of all there was to know. It was in 1986 and as a very naive Karate Black-belt that I was asked to enter and compete in the British Kyokushinkai Championship Not fully understanding what lay ahead I decided to enter. What I did know was that for as many as three rounds at a time would be expected to fight full to the body. As most Martial Arts have their own rules for competition, this type of fighting to me seemed to be the hardest form of competitive Martial Arts I had yet seen and competed in.

That tournament itself had a very valuable lesson waiting to offer me both in humility and preparation. Even though I won my first two fights, I soon realised

just now effective leg kick- ing and fact that the Karate of Kyokushinkai was full contact was only to my demise by far the hardest competi- tive fighting This saw me throughout to the Karate style there was. Even so I was quarter finals three hours later, I intrigued by the Science of 8 Limbs this was barely able to move due to the MUAYTHAI.

stiffness of these leg kicks beginning to take effect. Not understanding the importance of real conditioning I soon become aware that there would

be much to learn about effective training for conditioning. Unfortunately for me I met the very experienced British Champion Dave Pickthall who soon made me aware of effective preparation as a result he defeated me without much effort. Returning back to Scotland I had much to learn in my pursuit of excellence. I spoke to anyone I could that had anything to share about conditioning methods they had heard of. Time and time again people told me MUAYTHAI is what you need to learn in your desire to know about conditioning. This only frustrated me as where I was in Scotland MUAYTHAI did not exist. I had learned about a small club 200 miles away so this was not possible and the other MUAYTHAI gyms in the UK were 500-700 miles away. So I stayed where I was for the time and continued with my training and competition. For me there was no question that I had made the right decision where my Karate was concerned. As it was a global I could to see for myself the system.

As the years passed and my experience developed I started to utilise the methods of conditioning I had heard of and put them to the practice in the competition arena whilst monitoring the development of MUAYTHAI in the UK from a distance, I could see this Martial Art had begun to gain the notice it deserved and I would take any opportunity

After seven years in my knockdown karate career and some fifty fights later, it was after my best success to date second place in the British Open that I decided to follow my heart and visit and train in Japan. It was on this journey that I took up the offer of my friend Gary Bergeron in Canada that I would have to make a painful decision to follow my curiosity and concentrate on learning what I could about MUAYTHAI and part with my karate career. So after a few short weeks in Canada and a wonderful introduction to MUAYTHAI from Mike Miles and Arjan Panya Kraitus I continued with my journey to Japan to complete my karate training and went to the Honbu (headquarters) of Kyokushinkai to train, this I believed would complete my karate career and so enable me to master more than one martial art successfully and totally understand why they choose to do this.

For me there had to be only one raising the money to send seven people way to follow so on my return to the from Scotland to Thailand for two weeks UK in 1992 I con- tacted a friend to train in MUAYTHAI but we would do who owned a martial arts maga- zi- what ever was necessary to raise the ne "Combat" and asked for his own money. After various fund raising activi- advice on who I should speak to. So ties and our final effort, a seventy mile my MUAYTHAI career began, it was cycle-wearing fancy dress. This outrage- almost like starting out for the first ous event would do just enough to help time, not knowing what to expect. raise what was needed. So in February After many miles in the car traveling 1998 seven of my students set off to to places in En- gland to learn what train at the MUAYTHAI Institute in I could in order to establish my new Rangsit, Bangkok. Their own story will career and after one year of hard be told in a future article only in this ma- work I started to teach and train gazine.

with a small group of friends back in Scotland, in order that our own de- velopment might begin. Ever since then ev- ery training session for me was a learning one, and this appro- ach has helped me maintain direc- tion for both my students and my- self. With MUAYTHAI firmly in my life I started to partici- pate in com- petition, although this was not my only purpose for studying it was or me to test myself so that I could as- sess my training again that of others. Back in Aberdeen we soon began to develop a strong following of people who also had the hunger to learn. MUAYTHAI.

This brings us forward to our recent efforts to send seven of my stu- dents to the MUAYTHAI Institute in Rangsit to gain first hand knowl- ed- ge for themselves, just as I had do- ne seven years earlier in my Karate career. It was not going to be easy

Yours in MUAYTHAI

Thomas McCarthy

UKMTF & WMTC (Scotland)

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MAURICE SMITH

American kickboxer and mixed martial artist

Maurice Smith has long been known as one of the best kickboxers of all time, reigning the ranks of the World Kickboxing Association (WKA) for many years. His biggest success, however, came when he became the first kickboxer to become UFC champion twice. His wins at UFC enabled him to take other big MMA fights against greats of the octagon like Mark Ruas and Bas Rutten. His last fight was recorded in 2013 and he is believed to be retired for good.

When the WKA (World Kickboxing Association) changed ownership to Briton Paul Ingram from founder Howard Hanson, the Mirage hotel was host to one of the most spectacular WKA kickboxing events in its history. One of the main events: Maurice Smith against Alex Desire. Smith defended his kickboxing World title by the way of knockout in round 10 to retain the heavyweight belt under WKA rules. December 4th, 1993 in Las Vegas.

Smith held various world titles in different weight divisions between light-heavyweight up to cruiser- and heavyweight at WKA, ISKA and WKC organizations in international rules and under Muay Thai rules. One of his very few losses came at the hands of legendary champion Don Wilson.



Maurice Smith defeated Alex Desir by KO in Las Vegas, Nevada, USA



DON "The Dragon" WILSON

Don "The Dragon" Wilson. In 1989 his name was everywhere as Roger Corman released a film starring Don that would go down as one of the landmark Martial arts films from the USA.

Yes i am talking "BloodFist" ,after films like BloodSport and No Retreat No Surrender the market for these films was enormous.

Enter Don "The Dragon" Wilson a World renowned Champion Kick-boxer who had fought at many levels and weights and had a streak of Wins.

Not only was he a Martial artist ,but he was a Full Contact Competitor in the ring and this for one made BloodFist a more realistic film for the audience.

Now starting at the beginning,Don was Born in Illinois USA ,but grew up in Florida USA .His father worked for NASA as a engineer.Now Don was a athlete at school and his career hopes was to be to follow in his fathers footsteps in engineering and being a officer in the military.

So what happened? Well Don's Older brother Jim was a man involved in the arts ,to be precise ,he learn't Pai Lum Kng Fu and after a couple of years had become proficient at it.

It was after his brother had asked to fight him,that Don took a interest in the arts.You see after trying to get the better of his brother he had to give in as he could not get near him for the agility and prowess he had ,this astonished Don more so as his brother is a small 155lb man and Don is a good 200lb.

So there you go ,Don's grounding is in Pai Lum Kung Fu (known as White Dragon Kung Fu).

So Now the fish had been dangled so to speak and Don was hooked.In 1972 Don began studying Goju-Ryu Karate whilst he was at Coast Guard Academy.After this had gained his Black Belt Instructor certificate in Pai Lum Kung Fu.

Competing

In 1974 Don had his first Kick-boxing match against Bill KnobBlock in Orlando ,the result was a No Contest in the Third. But it was some 30 fights later in 1979 that Don would become the PKA Middle weight United States Champion fighting at 170lbs.

Whats more in 1980 he would become the World Karate and Kickboxing Associations (WKA) Light Heavyweight Champion fighting at 175lbs.

Between 1974 and 2002 Don" The Dragon" Wilson would fight some 82 fights ,he holds 14 titles fighting between 170lbs and 190lbs









BENNY THE JET URQUIDEZ

LEARN HOW TO FIGHT DIFFERENT-SIZE OPPONENTS FROM BENNY “THE JET” URQUI- DEZ!

Benny Urquidez was kickboxing’s most fearless gladiator. With his incredible speed, power and energy, he could go to any country on earth, fight anybody he was paired up with according to their rules — and beat the living daylights out of them.

In front of sell-out crowds, Benny Urquidez, in true terminator fashion, would blast opponent after opponent into oblivion. What is so amazing is that he did this 58 times without losing. It’s not surprising that he was named Black Belt’s 1978 Competitor of the Year.

The Jet’s Arsenal

Benny “The Jet” Urquidez’s arsenal of techniques was something to write home about, and his physical conditioning was second to none. His regimen included working all his techniques in addition to a host of back-breaking drills. For example, he would do 15 three-minute rounds of offensive and defensive moves, going full speed with only 30-second rest periods.

Urquidez would fight on the inside or on the outside, and he would attack or defend off the triangle. He would use the jab, hook, cross, uppercut and overhand punches, along with the spinning backfist. He would fight left-side forward, and it took years for the opposition to realize that he was naturally left-handed. He could fight southpaw equally well and would sometimes switch from side to side just to confuse his opponent.

Benny Urquidez was as good at throwing lead-leg kicks as he was at executing power kicks off his rear leg. He had the nastiest spinning back kick of any professional kickboxer, and he could successfully use the jump spinning back kick. “I was known for the spinning back kick because very few people liked to do it,” Urquidez says. “But I also tore people up with [ball-of-the-foot] kicks, roundhouse kicks, side kicks, ax kicks and wheel kicks. What sticks out in people’s minds is what nobody else does.”

All these techniques, along with muay Thai-style leg whips and elbow and knee strikes, made it impossible for Benny Urquidez’s opponents to plan an effective strategy against him. They tried, but not a single one could do it.

Fighting Different-Size Opponents

“To be able to effectively fight different-size opponents, you have to work hard at becoming a well-rounded fighter,” Benny Urquidez says. “This means you have to have a lot of weapons available, you have to have a good defense, and you have to be hungry.

With 49 knockouts and world-championship titles in the lightweight, super-lightweight and welter-weight divisions, Benny Urquidez proved he could use that strategy to become the best of the best. Along the way, he had convincing victories over opponents of all sizes. The following are some more of his secrets.

Shorter Opponent

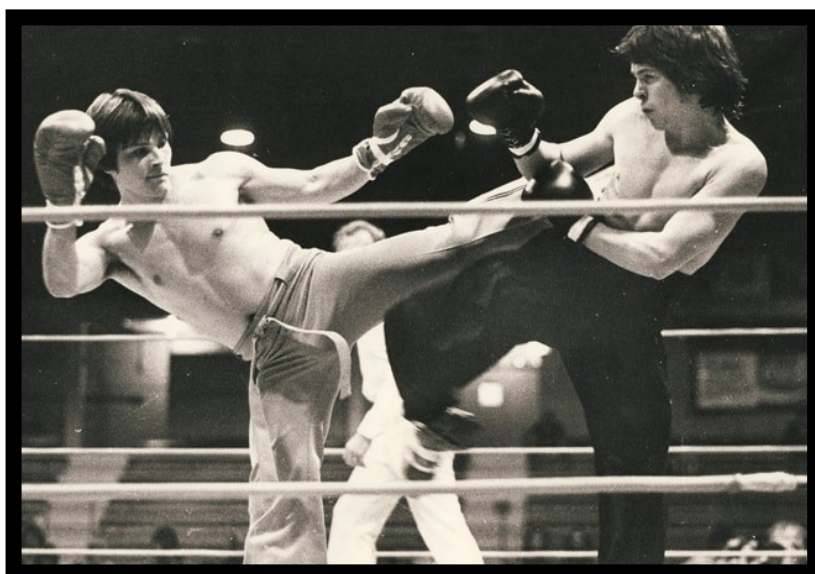
An opponent who is shorter than you has a mission: He wants to get inside your reach, Benny Urquidez says. He will try to get in and do some damage, then retreat without getting hit. Because he will probably rely on speed and move around a lot, he will need the whole ring — or at least a good portion of it — to be effective. His biggest advantage is that when you start running from him and he gets you cornered, you are put on the defensive. That means you have fewer options and fewer chances to use your longer reach.

To defeat a shorter opponent, Urquidez advises you to start by taking away his best weapons. When he tries to get inside and throw a jab, counter it. If he throws a cross, counter that. If he throws a jab-cross combination, counter both punches. And make sure your counters always carry a heavy impact. Your opponent will become gun-shy because every time he throws a punch, he gets hit with a hard counter. This will take away his confidence and his best weapons, Urquidez says.

The next step is to serve the opponent with an eviction notice, Benny Urquidez says. “It says, ‘The center of the ring belongs to me.’”

The opponent must stay out of the center or go toe-to-toe with you. Since he has already had a taste of your blows, he will probably start to run. Running may work for a while, but eventually he will find himself trapped in a corner. When that happens, capitalize on his mistakes. If he tries to dart inside, pound him with hooks, crosses and body welds. If he tries to slip by the ropes, hit him with punishing kicks and follow-up punches.

If he stays where he is, wait until he makes a major mistake or until you catch him “gazing” (a term used by fighters to describe an opponent who is looking at them but whose mind is somewhere else), then overwhelm him with kicks and punches. This can be a perfect chance for you to blast him with a jump ...

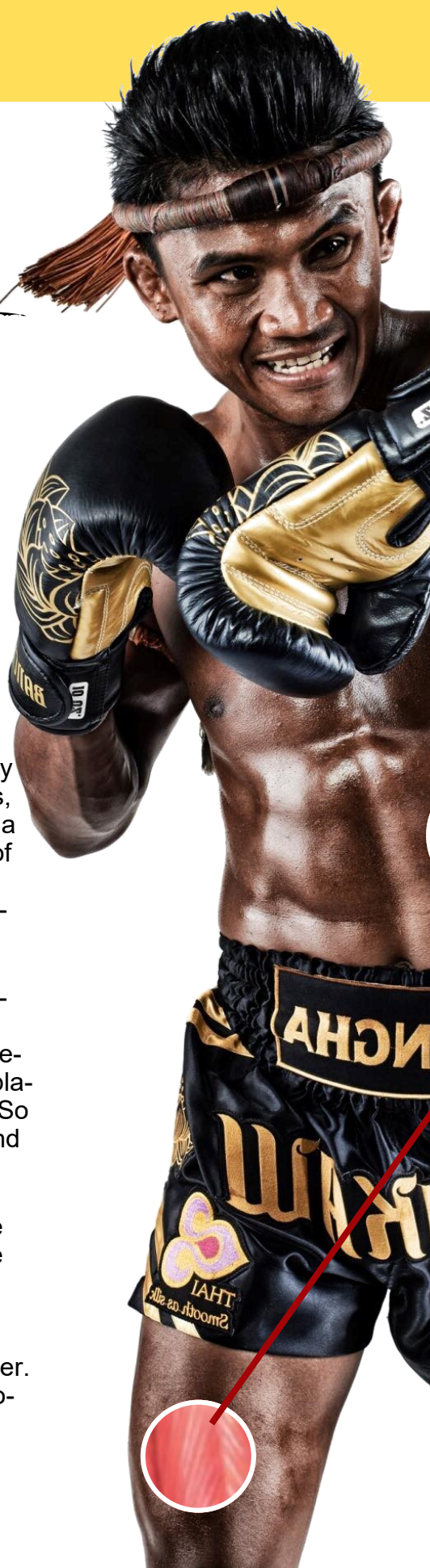


Muay Thai

Muay Thai is considered the national sport of Thailand. It's usually described as the art of 8 limbs because it utilizes the fists, elbows, knees, and shins. Also known as Thai Boxing, Muay Thai is both a martial art and a combat sport. It has been around for hundreds of years and had its origins on the battlefield. It was used in actual combat by soldiers that lost their weapons and therefore had to fight their enemies hand-to-hand.


One thing that makes Thai boxing distinct is that it is loosely interwoven into the culture of the Thai people. The fact that it's been around for several hundred years is probably one of the biggest reasons. And we can't discount the fact that Thai Boxing has also played a part in some of the notable moments in Thailand's history. So it shouldn't seem like such a big surprise that Muay Thai has found its place in the very heart and culture of the Thais.

Another reason for Thai Boxing's recent prominence is due to the fact that it's both a practical and straightforward martial art. There aren't that many fancy moves that would turn off a beginner or practitioner. The practicality of Thai boxing is that it allows you to use different parts of your body to defend and protect yourself. They also say that it is relatively easy to learn but difficult to master. In that sense, one can easily start learning the art and become somewhat effective at using it as a means of self-defense.



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Elbows are among the signature weapons of Muay Thai. They are devastating, especially at close range.

Everything starts with the proper fighting stance. Once you get your stance, all the Muay Thai techniques will be easier to execute.

Kicks are probably the most recognizable weapons in Thai Boxing.

Running is Essential

Running is an important part of Muay Thai training. It helps condition you for the tough training ahead. So make sure that you take the time to run, whether it's in the mornings, afternoons, or evenings. Mix long-distance running with sprints for best results.

Always Hydrate

Always hydrate when you're in training. Muay Thai is one of the most intense workouts and training sessions could leave you dehydrated if you don't drink enough water. And that could lead to cramps, headaches, nausea, and other side effects.

WAI KHRU RAM MUAY (ไหวครูรำมวย) The "Ram Muay" helps to warm up the fighter's body while also relaxes the mind. Spectators often use the dance as an indication of the fighter's balance and calmness, both being key characteristics of a skilled Muay Thai exponent.

and the whole segment can take several minutes to complete. The "Ram Muay" helps to warm up the fighter's body while also relaxes the mind. Spectators often use the dance as an indication of the fighter's balance and calmness, both being key characteristics of a skilled Muay Thai exponent.



Proper Form & Techniques

Once you start training, it's important to have the proper form when executing various techniques. You need to be conscious of this so you know when you're making a mistake and you can correct it right away. This is one way of building good habits that will help with your muscle memory. In time, you can do the techniques properly without even thinking about them.

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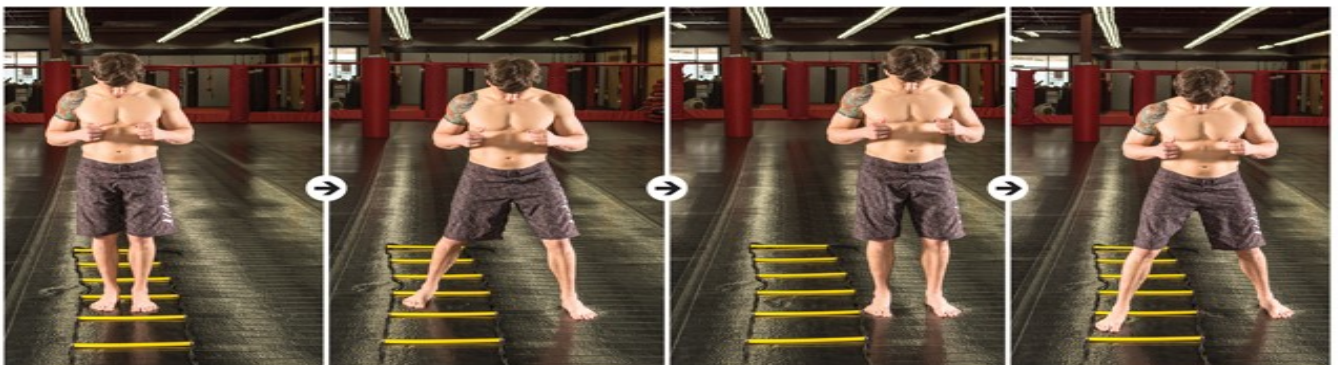
2. Medicine Ball Slams



4. Shots with Band



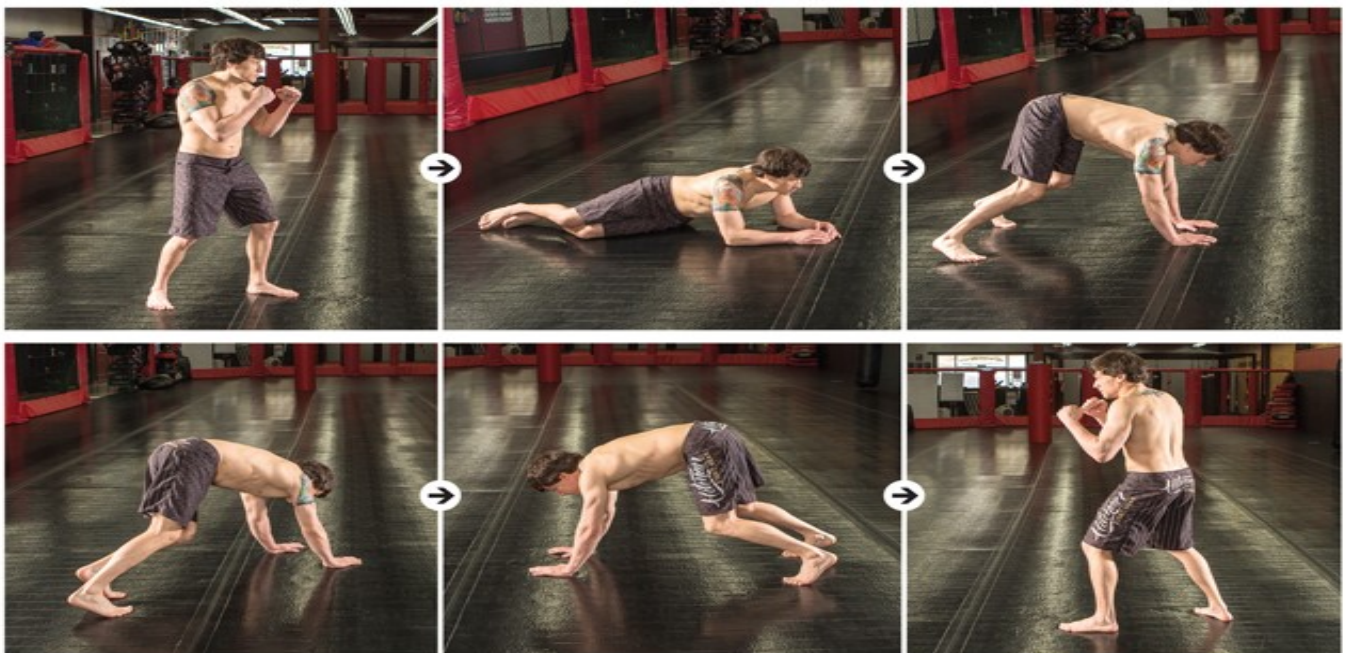
5. Wall Walk



6. Ladder



7. Double-Leg Shot



8. Sprawl



9. Knees



10. Airdyne

Clay Walker is a former 11-year veteran of collegiate football strength and conditioning. He has been an MMA strength and conditioning coach since 2007. Clay received his PhD from the University of Georgia in Kinesiology in August 2011. 🏆

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FACING THE DARKNESS

The Story of Chief Master Robert J. Ott

Martial art attracts people from all walks of life, cultures, and personalities.

They (the arts) are blind to who embraces them and conform and adapt themselves to the individuals who pursue them. There are the champions, the dedicated students, the weekend musul-in (Korean for martial artists), the recreational students and the survivors.

It seems the world, in general, is in love with the champions. They are the ones who find everything easy, especially their chosen styles. They are the heroes and heroines of our fantasies. Moreover, they are who, we, as children strive to be. These noble warriors are often tall, attractive and have an almost regal bearing.

What happens when our heroes fall? Usually the public revels in their shame and moves on to the next cultural icon. Humanity is very good at rejection, sadly. But what “really” happens to these people when they fall? That’s a very hard question. A lot depends on the nature of the events that befell him or her. In life, and especially, for those who study martial arts, more importantly, is the character of the martial artist in question.

What possible fates could humble a martial artist? The possibilities are endless. Imagine what a bullet could do... right in the temple and out an eye. That’s what happened to young Bobby Ott, a promising young Hapkido master in New Jersey. As a result of defending a worker at his father’s place of business, a thug blindsided him and shot him. The horror story of what happened next and his slow recovery needs to be read to be fully understood.

Overcoming the psychological effects of the terrible attack was more difficult than the actual physical damage itself. Bobby went from being a young, handsome martial arts competitor and instructor, with his entire life ahead of him, to being like a broken doll - who weighed as much as a sack full of wet rags. His previous masters, family and close friends helped him go about the slow road to recovery and to dealing with the loss of sight, smell, and taste.

Being “pushed” back into teaching the martial arts, gave him new insight into what the arts and

he really were. Through rediscovering the martial arts as a blind man, he had rebuilt his body and his skills, in ways that he never could have previously imagined. Gone were scissor kicks and flying side kicks. Flowing circular moves and short decisive linear strikes replaced them. The Korean expression of pilsung (certain victory) began to hold new meaning to him. As Hapkido was about controlling your opponent he in turn controlled his destiny in the same way, moving and adjusting every decision as if he was performing a self-defense maneuver.

My father told me several times growing up with my own adversity, that the best way to “get even” was to be successful and happy. So I moved to Korea. Bobby moved to the other side of his country and called himself Robert as part of reinventing himself. Finding vision in his life actually became clearer after his disability.

As a young man he was not nearly as focused or determined. He lived his life, a day at a time and took a lot for granted. Years later, he truly grew into a man, in the more figurative sense of the word. Upon moving from his old life, he leaped into his new life, like a man possessed. He accomplished more than he had ever dreamed. Here are just a few of the things this survivor has achieved:

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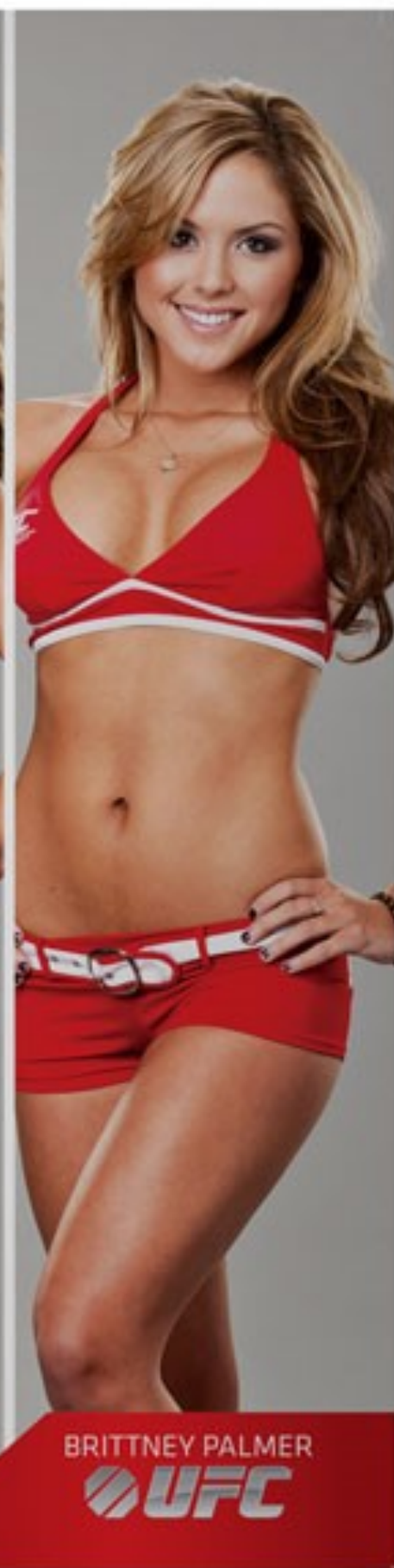
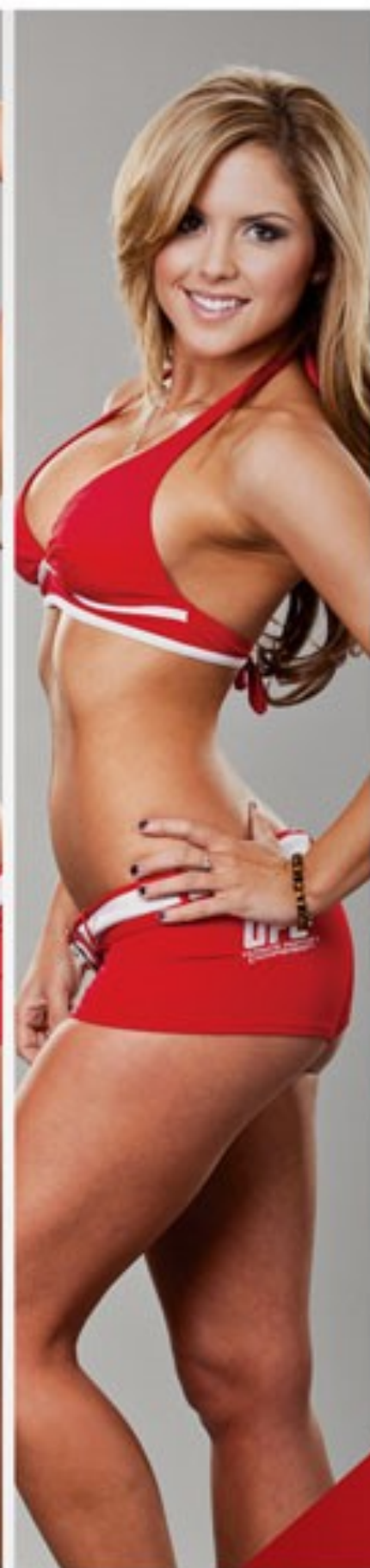
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In this edition we are going to interview one of the great references of Muay Thai and Fedesa Personal worldwide. The interviewee for this issue is Alexandre Breck, a fighter, researcher and referee. He is the third generation fighter in his family.

Hello and welcome! Today, we have the pleasure of interviewing an experienced Muay Thai fighter. Thank you very much for being here with us.

The pleasure is all mine. I'm glad to have the opportunity to share my experience with you.

Alexandre Beck, is it true that you are the third generation of fighters in your family?

It's true, my grandfather was a 2nd DAN black belt in Shotokan Karate, my father reached a green belt in Shotokan Karate and I am a 2nd DAN black belt in Tae Kwon Do.

How did you start in the fighting world?

I was four years old. When I see my grandfather training Karate in his backyard. He was punishing a Makiwara. Which is a board, made of wood stuck in the ground and

start in the fighting

years old. When I see my grandfather training Karate in his backyard. He was punishing a Makiwara. Which is a board, made of wood stuck in the ground and

lined with an area at the top. So I wanted to do it here. But my father didn't want his son to fight. Because he had practiced Karate and he didn't like it. So when I was five I had a friend from school. That his mother worked at an institution that taught TAe Kwon Do. So I was five years old and my friend was six. We left school until my friend's mom's job signed me up. Then I started Tae Kwon Do. I participated in Tae Kwon Do from age five to twenty-two. Achieving 2nd DAN Black Belt.

Did you get to the fight?

Yes, I was champion of Tae Kwon Do, Muaythai and MMA.

Which tournament did you win?

I was Tae Kwon Do Gold Medal at SESC Tae Kwon Do Cup in 1992, I fought MMA and was champion of FCM-MA - Fight Combat MMA on March 22, 2014 and MFK - Maranhao Furia Kombat on April 20, 2012, I was Muaythai champion of the North Northeast Muaythai Cup on August 24, 2017 in Teresina, Piaui and I fought in Thailand and was champion of the Tuesday Night Muaythai Super Fights on October 19, 2018 in Phuket, Thailand.

What fighting styles are you trained in?

I am a Brazilian Jiu Jitsu Purple Belt, I am Faxia Black 2nd DAN in Tae Kwon Do, I am Prajied Black in Muay Thai and a DOQUIRU Black Belt in Brazilian Personal Defense.

Have you also written a book about fights?

Yes, I wrote the book the History of Muay Thai - Thai Fight and the book on Brazilian Jiu-Jitsu,

Alexandre Breck was champion of the North Northeast Cup of Muaythai in Teresina in the state of Piauí in Brazil on August 24, 2017.



Tell us a little about your book on the history of Muaythai?

This book was a research that lasted seven years. It covers the entire history of Muaythai. From Muay, through Muay Boran to Muaythai. In addition to telling the story of Kickboxing from its emergence in Japan to the United States, it also tells the story of judo, wrestling and boxing in Thailand.

Are you considered one of the greatest authorities and references in Muaythai worldwide?

Some people say yes, I think this is due to my complete knowledge of Muaythai. I know the rule of Muaythai, history of Muaythai and techniques of Muaythai. Most people only know part of this subject.

Do you have articles published in different magazines?

Yes, I published in Revista Muay, Revista da Luta, Revista Fighter de Hong Kong among others.

How long have you been training Muay Thai?

I train and fight muay thai since 2000. I started training to fight MMA.

Did you train in Thailand?

Yes, I trained at Sitsongpeenong Muaythai in Bangkok.

How long did you train there?

I only trained 15 days. My main goal was fighting.

During this fifteen-day stay, did you fight in Thailand?

Yes, I fought on October 19, 2018 against a Thai fighter named Saiuk Lookwantang at the Tuesday Night Muaythai Super Fights event that took place at Galaxy Boxing Stadium in Phuket, Thailand. I won the fight by technical knockout in the 2nd round.

Is it true that you are also an expert in self-defense?

Yes, I'm even a black belt.

Is learning self-defense important for an ordinary citizen?

The personalized self-defense is paramount for everyone. Because the self-defense is realistic. teach perimeter analysis to look for possible threats, to look for objects that can be used as a weapon in your personal defense, etc. Self-defense still teaches you how to identify and analyze places where possible situations of violence may occur. And to guarantee your security and third party that I can be with you. Against a situation of armed violence or not.

Tell us a little more about the philosophy behind self-defense?

There are three types of people in the world: The first to think that nothing is going to happen is when something happens and this person is unprepared. The second type of person is that knowing that there are unprepared people and taking advantage of these people. And the third type are people who are prepared and know how to act when an adverse situation arises. These are people who have learned a realistic self-defense method.

What is self-defense in your view?

Self-defense is a set of methods whose purpose is to neutralize a situation of armed or non-armed violence.

What is the best type of fighting style to use in self defense?

For self defense it is necessary to practice self defense. Because it prepares you for the various aspects that encompass self-defense, such as perimeter analysis, third-party protection, disarming an armed aggressor, etc.

Is muay thai a self defense?

No, it was not created for that purpose. It was created to be a combat sport from the beginning.

Is bokator the father of muay thai?

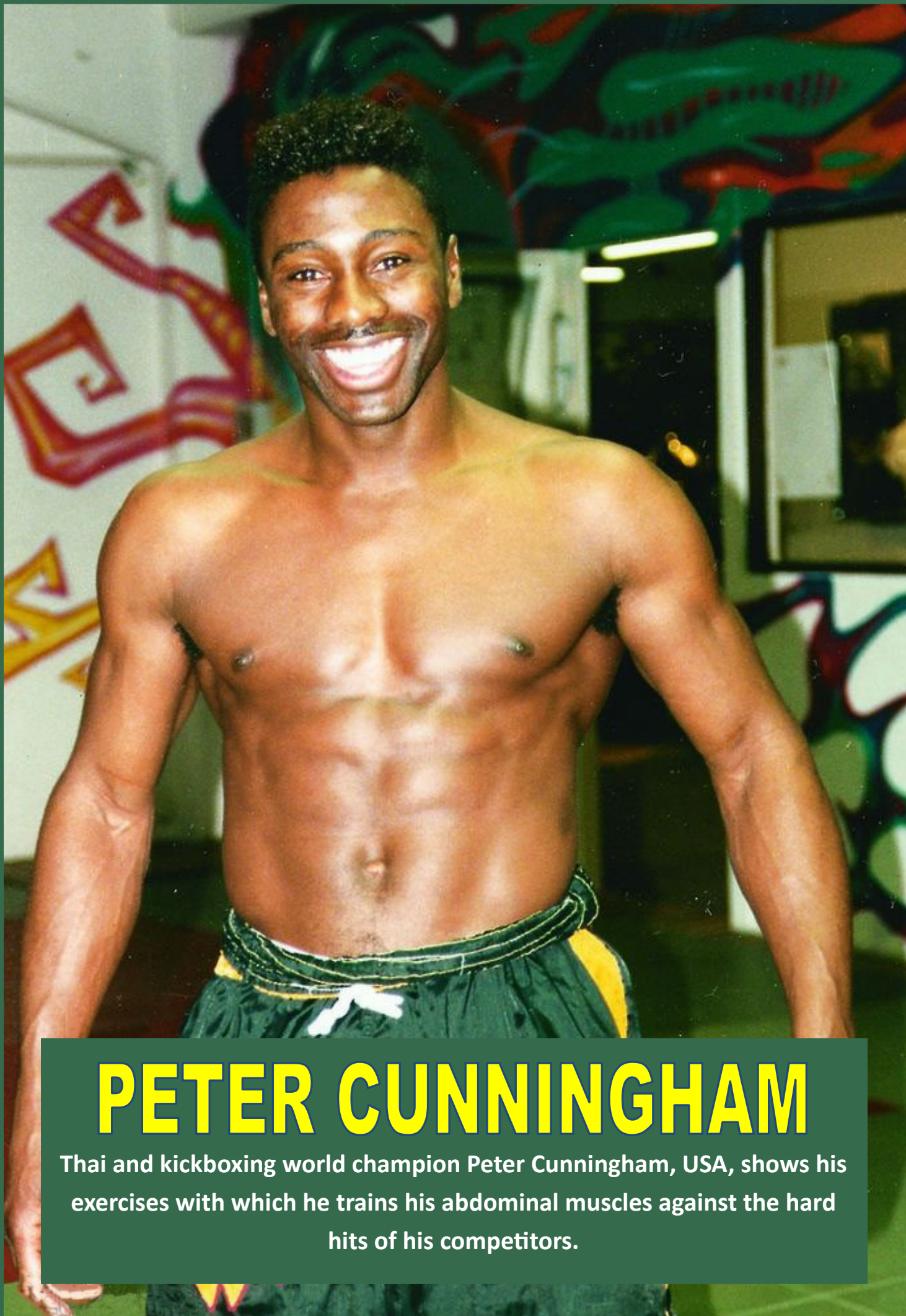
No, I disagree. Bokator was virtually non-existent after the dark days of the Khmer Rouge. It was merely a term for some weapon-based combat system during the Angkorian period. The Grand Master Sean Kim San, a Hapkido fighter, returned from the United States and "recreated" traditional Khmer boxing using this term as a figurehead. No researcher ever knew what it was. He was selling his product based on anti-Thai sentiments and radical nationalism.

Now, we'd like to know what motivates you to compete in Muay Thai and how you deal with the pressures of the sport?

My motivation comes from the love I have for the sport and the challenge of pushing my own limits. Competitions allow me to test my skills and become a better fighter each day. As for the pressures, I believe it's important to learn to handle them in a positive way. I focus on my training, maintain a resilient mindset, and trust in my preparation. That helps me face any challenge that comes my way.

Thank you very much for sharing your experiences and advice with us.

Thank you for the opportunity. I hope that my story can inspire others to discover and fall in love with this wonderful sport. Thank you!



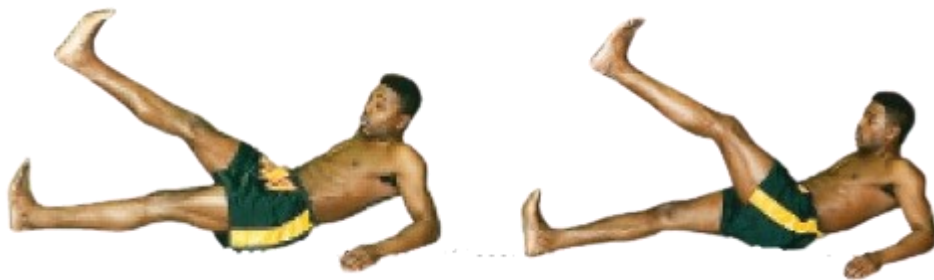
PETER CUNNINGHAM

Thai and kickboxing world champion Peter Cunningham, USA, shows his exercises with which he trains his abdominal muscles against the hard hits of his competitors.



A) HIGH CRUNCH

keep your legs straight as much as possible and hold for about 3 seconds when touching your feet. The upper abdominal area is stressed.



B) HALF CYCLING

Support yourself with your elbows, straight back, and alternately raise them without putting them down completely. Execute slowly. Good for the sides.



C) CRUNCHES

Classic crunches, always stay relaxed and keep your feet still. You can feel the muscles after just a few repetitions.

METAL PREPARATION FOR FIGHTERS

In the world of combat sports, fighters often seek ways to optimize their training and performance. One approach that has gained popularity among fighters is metal preparation, a practice that involves using metal tools to condition the body and enhance physical attributes. In this text, we will explore the concept of metal preparation for fighters and its potential benefits.

Metal preparation techniques have been employed by various martial arts disciplines for centuries. The use of metal objects, such as iron bars, maces, and weighted gloves, allows fighters to challenge their bodies in unique ways. The repetitive striking and resistance encountered during metal preparation exercises can lead to increased strength, endurance, and striking power.

One of the primary benefits of metal preparation is the development of muscular strength. The resistance provided by metal tools forces fighters to engage their muscles more intensely, resulting in greater muscle activation and growth. Through consistent practice, fighters can build impressive levels of upper body, lower body, and core strength, which are essential for delivering powerful strikes and maintaining balance during combat.

Metal preparation also enhances endurance. The weight and resistance encountered during training sessions help fighters develop greater stamina and the ability to sustain prolonged physical exertion. The repeated striking against metal objects builds resilience, allowing fighters to withstand fatigue and maintain their performance levels for longer durations.

In addition to physical benefits, metal preparation can improve fighters' mental fortitude and focus. The intense nature of metal training requires discipline, concentration, and perseverance. The process of striking metal objects repeatedly demands mental resilience and a determined mindset, which can translate to increased mental fortitude in the ring or cage.

However, it's important to approach metal preparation with caution. Proper technique, guidance from experienced trainers, and gradual progression are crucial to avoid injuries. Fighters should prioritize safety and gradually increase the intensity and duration of their metal preparation exercises over time.

It's worth noting that metal preparation is just one component of a well-rounded training regimen. It should be supplemented with other essential aspects such as skill training, cardiovascular conditioning, flexibility work, and recovery strategies. Balancing these elements ensures a comprehensive training program that optimizes overall performance.

In conclusion, metal preparation offers fighters an alternative method to enhance their physical and mental attributes. Through the use of metal tools, fighters can develop increased strength, endurance, and mental resilience. However, it is essential to approach metal preparation with caution, seeking guidance from knowledgeable trainers and gradually progressing to avoid injuries. By incorporating metal preparation into a comprehensive training program, fighters can further elevate their performance inside the ring or cage.

